

**Directions:** As a dietary supplement, take one capsule daily, preferably on an empty stomach at bedtime or as directed by a healthcare practitioner.

**Bluebonnet's 5-HTP 100 mg Capsules** provide 5-hydroxytryptophan that is extracted from the seed of the African plant *Griffonia simplicifolia*. 5-HTP is the direct metabolic precursor of serotonin and is important for the production of melatonin; therefore, it has been shown in research to help control appetite, support a positive mood as well as promote calm/relaxation and for occasional sleeplessness. Available in easy-to-swallow vegetable capsules for maximum assimilation and absorption. • **Guaranteed free of Peak-X**

Bluebonnet's KOF-K Certification #K-0000700

Manufactured by  
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• These statements have not been evaluated by the Food and Drug Administration. This product is not intended to diagnose, treat, cure or prevent any disease.



# Bluebonnet



## 5-HTP 100 mg

from Griffonia Seed Extract  
Dietary Supplement



**120 Vegetable Capsules**



## Supplement Facts

Serving Size 1 Capsule

Amount Per Serving	% Daily Value
5-HTP (L-5-Hydroxytryptophan derived from <i>Griffonia simplicifolia</i> seed extract)	100 mg *

\* Daily Value not established.

Other ingredients: Kosher vegetable capsules, vegetable cellulose, vegetable magnesium stearate.

**Free** of milk, egg, fish, crustacean shellfish, tree nuts, peanuts, wheat and soybeans.

Also free of yeast, gluten, barley, rice, sodium and sugar.

**Caution:** Consult with your healthcare practitioner prior to use if you are taking prescription medication, particularly cognitive drugs, such as MAO inhibitors and selective serotonin reuptake inhibitors (SSRIs), or other anti-depressant medications. May cause drowsiness, so refrain from operating machinery or driving a vehicle when taking this product.